

Fibromyalgia



Indiana Physical Therapy Woman
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What is Fibromyalgia?

Fibromyalgia is a condition characterized by widespread pain, present for at least 3 months, and with point tenderness at 11-18 specific points on the body. It affects 2-6% of the population, affects women four times more than men, and is most common in women aged 50 and older.

Symptoms of fibromyalgia may include pain, stiffness, difficulty sleeping, numbness in muscles and joints, and poor memory and concentration. Depression, irritable bowel, dry eyes, sensitivity to cold, and chronic fatigue are sometimes documented in patients with fibromyalgia.



What Causes Fibromyalgia?

- The exact cause of fibromyalgia is unknown
- Factors which have been associated with fibromyalgia include accidents, injuries, surgery, infections, emotional trauma, and stress

Consequences of Fibromyalgia

- Increased pain causes decreased activity in order to avoid pain
- Decreased activity leads to muscle atrophy further reducing activity
- Reduced sleep secondary to pain leads to increased fatigue during the day and less energy to perform normal activities
- Less ability to perform normal activities may lead to stress, anxiety, and possibly depression

Treatment of Fibromyalgia

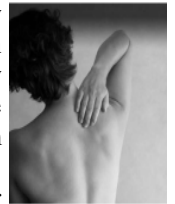
- Medications to improve sleep and diminish pain, as prescribed by your physician
- Aerobic exercise to improve cardiovascular endurance
- Gentle strength training to prevent muscle atrophy and stretching to maintain flexibility
- Relaxation techniques and other methods to reduce stress and anxiety and to improve sleep
- Education to help understand and manage the pain associated with fibromyalgia

Referral Process

Indiana law requires a physician referral for all physical therapy. The law also empowers patients to choose their physical therapy provider. Ask your physician to refer you to Indiana Physical Therapy Woman for fibromyalgia treatment. Your therapist will work with your physician to help establish a specific treatment protocol.

Fibromyalgia Program at Indiana Physical Therapy Woman

At Indiana physical Therapy Woman, patients will receive an individualized physical therapy assessment and a progressive therapeutic exercise program emphasizing gentle stretching, strengthening, and cardiovascular components. Frequency and duration vary by the condition, but are usually 6-8 visits over a period of 4 weeks.



Director of the clinic, Margaret Bryden, PT, WCS, COMT, CSCS, is certified in pelvic physical therapy through the APTA and is a Board Certified Woman's Clinical Specialist. This is the highest expertise a therapist can achieve in women's health.

For questions about Indiana Physical Therapy Woman or women's physical therapy, please contact Margaret Bryden at (260) 969-8992.

